



## Feelings Inventory

The following are words we use when we want to express a combination of emotional states and physical sensations. This list is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

There are two parts to this list: feelings we may have when our needs are being met and feelings we may have when our needs are not being met.

### Feelings when your needs are satisfied

#### AFFECTIONATE

compassionate  
friendly  
loving  
open hearted  
sympathetic  
tender  
warm

#### ENGAGED

absorbed  
alert  
curious  
engrossed  
enchanted  
entranced  
fascinated  
interested  
intrigued  
involved  
spellbound  
stimulated

#### HOPEFUL

expectant  
encouraged  
optimistic

#### CONFIDENT

empowered  
open  
proud  
safe  
secure

#### EXCITED

amazed  
animated  
ardent  
aroused  
astonished  
dazzled  
eager  
energetic  
enthusiastic  
giddy  
invigorated  
lively  
passionate  
surprised  
vibrant

#### GRATEFUL

appreciative  
moved  
thankful  
touched

#### INSPIRED

amazed  
awed  
wonder

#### JOYFUL

amused  
delighted  
glad  
happy  
jubilant  
pleased  
tickled

#### EXHILARATED

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

#### PEACEFUL

calm  
clear headed  
comfortable  
centered  
content  
equanimous  
fulfilled  
mellow  
quiet  
relaxed  
relieved  
satisfied  
serene  
still  
tranquil  
trusting

#### REFRESHED

enlivened  
rejuvenated  
renewed  
rested  
restored  
revived

### Feelings when your needs are not satisfied

<b>AFRAID</b>	<b>CONFUSED</b>	<b>EMBARRASSED</b>	<b>TENSE</b>
apprehensive	ambivalent	ashamed	anxious
dread	baffled	chagrined	cranky
foreboding	bewildered	flustered	distressed
frightened	dazed	guilty	distraught
mistrustful	hesitant	mortified	edgy
panicked	lost	self-conscious	fidgety
petrified	mystified		frazzled
scared	perplexed		irritable
suspicious	puzzled		jittery
terrified	torn		nervous
wary			overwhelmed
worried			restless
			stressed out
<b>ANNOYED</b>	<b>DISCONNECTED</b>	<b>FATIGUE</b>	<b>VULNERABLE</b>
aggravated	alienated	burnt out	fragile
dismayed	aloof	depleted	guarded
disgruntled	apathetic	exhausted	helpless
displeased	bored	lethargic	insecure
exasperated	cold	listless	leery
frustrated	detached	sleepy	reserved
impatient	distant	tired	sensitive
irritated	distracted	weary	shaky
irked	indifferent	worn out	
<b>ANGRY</b>	<b>DISQUIET</b>	<b>PAIN</b>	<b>YEARNING</b>
enraged	numb	agony	envious
furious	removed	anguished	jealous
incensed	uninterested	bereaved	longing
indignant	withdrawn	devastated	nostalgic
irate		grief	pining
livid		heartbroken	wistful
outraged		hurt	
resentful		lonely	
		miserable	
<b>AVERSION</b>	<b>DISQUIET</b>	<b>SAD</b>	
animosity	disturbed	regretful	
appalled	perturbed	remorseful	
contempt	rattled		
disgusted	restless		
dislike	shocked		
hate	startled		
horrorified	surprised		
hostile	troubled		
repulsed	turbulent		
	turmoil		
	uncomfortable		
	uneasy		
	unnerved		
	unsettled		
	upset		